

Motivational Interviewing

March 20, 2009

9:00 a.m. – 4:00 p.m.

University of California Center – Fresno
550 East Shaw Ave.
Fresno, CA 93710

Called a “way of being with people” as opposed to a technique, **Motivational Interviewing** is being used successfully in a variety of settings: criminal justice, domestic violence, AOD counseling, families, couples, groups, traditional counseling, doctors & other health settings. Intended to help motivate clients and build commitment to change through exploration of their ambivalence to individual behavior changes, MI is culturally appropriate, ethically correct, and client-centered. The possibilities are endless!

Nationally recognized MI trainer, **Dee-Dee Stout** will introduce training participants to the concepts and spirit of MI. By the end of the session, participants will be able to:

1. Demonstrate the concept of OARS in Motivational Interviewing (MI)
2. Name the 4 basic principles of MI
3. Define DARN-CAT
4. Identify how to recognize Change Talk & Sustain Talk
5. Define Motivational Interviewing
6. Demonstrate effective ways to work with Sustain Talk, including traps to avoid

To register call: Mary Ann Smiley @ (559)453-6043

* This **COST FREE** training qualifies for **5.5 Continuing Education Hours** *
(Accepted by all counselor certifying agencies)

ANOTHER SERVICE PROVIDED TO YOU BY:
FRESNO COUNTY DEPARTMENT OF BEHAVIORAL HEALTH, SUBSTANCE
ABUSE SERVICES
&
ONTRACK Program Resources, Inc.

THE AFRICAN AMERICAN TECHNICAL ASSISTANCE & TRAINING PROJECT
IS FUNDED BY THE CALIFORNIA DEPARTMENT OF ALCOHOL & DRUG PROGRAMS